



November, 2019

Town of Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

Hours: 8:30 AM– 4:30 PM

“Live, Learn, Laugh and Be Happy”

Mayor Joseph C. Sullivan

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

Michelle Birolini: Volunteer Coordinator

William Murphy: Custodian

Frank DeFrancesco: Transportation Services

PHONE: 781-848-1963

FAX: 781-848-2835

WEBSITE: www.townofbraintreegov.org

Please note you may sign up for all activities on or after November 1st at 9:30 am

Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.

Thank you for your patience and understanding. Reservations must be made with a live person.

Greetings from Sharmila

On behalf of staff and our Board members, I wish everyone a Happy Thanksgiving. Enjoy the Holiday with your family and friends and stay warm and safe.

Braintree Elder Affairs is a busy center, bustling with activities and programs and I love hearing the laughter and seeing the smiling faces as they come and leave through our doors. For that, I thank all of you, because you make it possible. I am thankful for our dedicated staff, so loyal to our mission and our caring Board members, but as they say, “it takes a village.” Thanks to our Town Departments for their support. When we are in a bind, all I need to do is to make a phone call and my request (mostly panicked) is always heard and resolved. Thanks to our Town Councilors and our village “Chief,” Mayor Sullivan for always supporting us and our programs.

I often like to take the opportunity of highlighting one of the many services we offer here at Elder Affairs and staff associated with the particular duties. Right now, New England is looking her best adorned with her colorful foliage. As I am often mesmerized with her beauty, a voice inside of me reminds me of all the leaves that will fall on the ground and soon will be followed by the “white stuff.” These, as much as they are pretty can also create a mess and often can be quite dangerous for our older adults who come to our Senior Center. But we do not have to worry much, because Bill always handles it. Bill Murphy has been our Senior Building Custodian for several years and has been with the town of Braintree for 16 years. I remember, during one of the relentless winters we had, every time I saw Bill, he had a bucket of ice melt in his hands. It was hard keeping up with Mother Nature, but Bill took care of it. As you are aware, we have a very busy center and we run programs all through the day. This is not an easy task. Rooms have to be set up constantly and furniture needs to be shifted and set up with every program and to add to that, some of our participants often have their individual requirements. Bill makes sure every room is set up and comfortable before the start of each program. We take pride in our Senior Center and the activities we offer, but nothing would be worthwhile if the building and everything associated with it does not operate smoothly. Thank you Bill for all your hard work, your work is very much appreciated.

Senior Walk for Health and Fitness 2019

Thank you to all our wonderful participants and Sponsors. Year after year you make this a Great Success! Thank you Mayor Sullivan,





Alzheimer's Care Giver Support Group



Tuesday, November, 26 at 5 PM

Enjoy your Holiday, without too much stress

Beverly Moore, Stilme

Alzheimer's Coaching

Beverly will have an informal discussion on how care givers can enjoy their holidays with their loved ones without too much worry or stress. Beverly Moore has visited our Support Group many times . Everyone enjoys her simple style of discussing some of the toughest elements a Caregiver faces in their daily lives.



Light Refreshments
Grove Manor Estates.

will be provided, courtesy of
Call **781-848-1963** to sign up

Surviving the Holidays while still grieving

Karen Gore

Norwell VNA

Monday, November, 18 at 1 PM

Holidays! They are wonderful and glorious. Unfortunately Holidays can also overwhelm a person with deep sadness. The absence of a loved one can often be unbearable. If you are someone who have lost a special one in your life and you do not know how to go through these festive months, this workshop may be for you. Please remember you are not alone. Karen **Gore**, has been conducting our **Bereavement Support Group**, for the past few years. She will be back to conduct this special workshop. Please join us. Chances are, after going through this workshop and being with others who are going through the same kind of emotions as you are, you may be slightly relieved of the feeling that overwhelmed you.

Please call 781-848-1963 to sign up

Light refreshments will be served

**Thank you for serving &
protecting our Country**

VETERANS DAY BREAKFAST

Thursday, November 7

Time: 9AM

At 71 Cleveland Avenue

Featured Speaker : Mr. Al Varraso

**Braintree Elder Affairs will be hosting a
Breakfast to honor our Veterans. All Veterans
can bring a guest with them. Mayor Sullivan
will be present for this special occasion.**

**Please call 781-848-1963 to sign up
Braintree Residents only please**



A.B.L.E BODIES WITH BOB COBBETT

**Sponsored By Silver Sneakers, this Balance Workshop is held every 1st and 3rd
Tuesday of the month, unless otherwise noted...**



Special Activities and Meetings: See our calendar for a complete list of activities

November 18	Bereavement Support Group	2:00 PM
1st Wed& 3rd Wed	Bingo—	1:00 PM
Monday Nov. 4th& 18th	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub	10:00 AM
Every Tuesday	Cribbage	12:30 PM
Every Tuesday	Walking Group (see calendar for locations)	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
Every Monday	I-phone Assistance with BHS	2:45 PM
November 5	Election Day-Remember to Vote	
November 7	Veterans Day Breakfast	9:00 AM
November 11	Closed for Veterans Day	
November 15	Trip to Common Market	10:30 AM
November 19	Brain Games and Lunch with Brookdale of Quincy	12:00 PM
November 22	Important information about the Equifax Breach	11:00 AM
November 22	Journey of Pilgrims with Rich Nichols	1:00 PM
November 25	Monthly Luncheon	12:00
November 25	Origami	1:00 PM

RECYCLE

Braintree Recycling Office Monthly Article

RECHARGEABLE BATTERIES CAN CAUSE FIRES. Please help us keep each other safe by properly disposing of them. They can be recycled at Advanced Auto Parts, Auto Zone, Best Buy, Home Depot, Lowe's, Sears, Staples and can be traded in when a new one is purchased, and many service stations accept them. Also, AAA offers disposal/recycling of car batteries to their members. You can find additional locations by going to www.call2recycle.org

They should not be dropped off at the Town's Recycling Center because of the fire hazard they create.

Household batteries (AAA, AA, C & D, 6Volt, 9Volt, etc.) can be tossed in the trash. **Button batteries** should be brought to hardware stores, Home Depot, Lowe's, optical shops or any place that sells the button type, for recycling.

Looking ahead: Please remember as the holidays get closer ...wrapping paper is no longer acceptable to recycle according to State guidelines.

Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, Nov. 14	Independence Housing	10:30-11:30
Wed, Nov. 20	Department of Elder Affairs	12:15-1:00
Tuesday, Nov. 26	Roosevelt Housing	12:00-12:30

Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM
Return time between: 11:30 AM to 12:00 PM

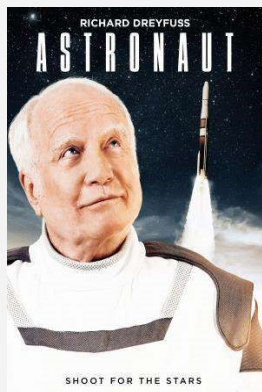
Tuesday, Nov. 5 Roche
Thursday, Nov. 7 Shaw's
Tuesday, Nov. 12 Shaw's
Thursday, Nov. 14 Stop & Shop
Tuesday, Nov. 19 Stop & Shop
Thursday, Nov. 21 Shaw's
Tuesday, Nov. 26 Roche Bros

Wednesday, Nov. 27 Stop & Shop (Moved to Wed)

Special Shopping Trip: Friday, November 8, The Paper Store, Braintree

Monthly Movie

Date: Wednesday, November 27
Time: 12:00 Noon



When a lonesome widower hears of a competition to win a ticket to visit space, he leaps at the chance to realize his lifelong dream. Despite being decades older than the entry age, he registers with a false birth date, battling his advancing years, failing health, and a challenging family dynamic that won't stop him from fulfilling his last wish.

Services

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express
- **Transportation:** please call to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
Bereavement Support Group
- **TRIAD:** senior safety
- **SHINE:** health insurance counseling;
please call for an appointment
- **Ask the lawyer:** free consultations;
please call for an appointment
- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats
and commodes; **please call ahead.**

Monthly Luncheon



Date: November 25
Time: 12:00 Noon

Where: 71 Cleveland Ave, Braintree
Department of Elder Affairs
Menu: Cost: \$7.00
Chicken, Ziti & Broccoli

Rotary Thanksgiving Luncheon



Once again this year the Braintree Rotary will graciously be offering our Older Adults a sumptuous feast, complete with Turkey and all the fixings. We thank them for their generosity.

Where: Great Pond Function Hall, 120 Bay State Drive, Braintree

When: Thursday, November 21 Time: 12:00 PM

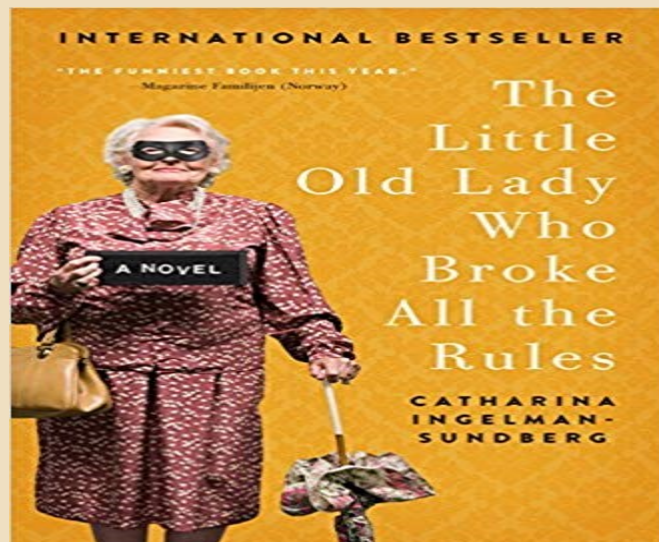
Please call 781-848-1963 to reserve your seat

BOOK CLUB


COME JOIN OUR MONTHLY BOOK CLUB

DATE: NOVEMBER 21

TIME: 10:30 AM





MONDAY	TUESDAY	WEDNESDAY
4 9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gon/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia 2:45 phone assistance	5 ELECTION DAY Shopping Shuttle: Roche 9:00 S&S Bus (housing) 9:30– Beginners Computer No Bob Cobbett 10:00 Low Vision 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:30 Bridge 12:30 Cribbage	6 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 1:00 Bingo
11—Closed Veteran's Day 	12 Shopping Shuttle: Shaw's Belles and Beaux 9:00 S&S Bus (housing) 9:30 Beginners Computer 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:30 Bridge 12:30 Cribbage	13 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 12:00 Blood Pressure Clinic
18 9:30 Current Events 10:30 Chair Yoga 12:00 Qi Gon/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia 1:00 Bereavement group-Grief Holiday Workshop 2:45I-Phone Assistance with BHS students	19 Shopping Shuttle: Stop & Shop 9:00 S&S Bus (housing) 9:30 Beginners Computer 10:00 Bob Cobbett, Balance Class 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 12:00 Lunch and Brain Games by Brookdale 12:30 Bridge 12:30 Cribbage 1:00 AARP	20 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 1:00 Bingo
25 9:30 Current Events 10:30 Chair Yoga 11:30--phone Assistance with BHS Students 12:00 Qi Gon/Tai Chi- 1:00PM Origami 12:00 Pool Players 12:00 Poker 12:00 Luncheon—Chicken, Ziti & Broccoli	26 Shopping Shuttle: Roche 9:00 S&S Bus (housing) 9:30 Beginners Computer 10:00 Walking Group 10:00 SHINE insurance help free by appointment 10:00 Rummikub 1:00—Ask the Lawyer: Free by Appt. 12:30 Bridge 12:30 Cribbage 5:00 Alzheimers Support Group	27 Shopping shuttle: Stop & Shop 9:15 Cardio, Strength and Flexibility Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 11:30 Poker 12:00New Movie— The Astronaut





THURSDAY

FRIDAY

		1 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker 12:00 Fun Movie Friday-Vertical Limit
	7 Shopping Shuttle: Shaw's 9:00 Veterans Day Breakfast 9:30 Mah Jongg 11:30 Quilting Group 11:30 Chair Yoga 1:00 Knit Crochet	8 Special Shopping Trip: The Paper Store, Braintree 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker 12:00 Fun Movie Friday: 61*
	14 Shopping Shuttle: Stop & Shop 9:30 Mah Jongg 10:00 Photography 11:30 Quilting Group 11:30 Chair Yoga 1:00 Knit/Crochet	15 Trip-Common Market 10:30 AM 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker 12:30 Ask the Lawyer 12:00 No Movie
	21 Shopping Shuttle: Shaw's 9:30 Mah Jongg 10:00 Photography 10:30 Book Club—:The Little Old Woman Who Broke all the Rules" 11:30 Quilting Group 11:30 Chair Yoga 12:30 Rotary Club Thanksgiving Dinner 1:00 Knit/Crochet	22 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 11:00 Important information about the Equifax Breach Presentation 12:00 Pool Players 12:00 Mixed Poker 12:00 No Movie Friday 1:00 PM Journey of Pilgrims 2:00 PM Board Meeting Note Change
	28 CLOSED—Shopping moved to Wednesday 	29 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 12:00 Pool Players 12:00 Mixed Poker 12:00 Fun Movie Friday-Jerry MaGuire

Outreach Department



Fuel Assistance

We have received Fuel Assistance applications from Quincy Community Action Programs, Inc. for the 2019-2020 fuel season. The Fuel Assistance Program runs from November 1, 2019 through April 30, 2020. You must be income eligible. Whether this is your first time applying or you are recertifying, the Outreach Staff can assist you with filling out the application, copying the necessary supporting documentation, and mailing in the application. If you are recertifying, you will receive your application in the mail from QCAP. If you wish to apply please contact the Outreach Office by calling 781-848-1963, and we will give you the list of the supporting documents you will need to begin the application process. Once you have gathered these documents please call us to schedule an appointment to come into the Outreach Office to fill out the application. You can also apply by making an appointment at QCAP. Their number is 617-479-8181 ext. 301.

Ice Tips

We have ice tips for canes. An ice tip will give your cane traction in the snow and ice. The tip attaches to the bottom of your cane, and when you need it you flip it down over the rubber tip.

Holiday Tree

As the holidays approach, let us think about those who could use some holiday cheer. Towards the end of November we will be putting up our Holiday Tree. It will be decorated with gift tags. A specific gift item will be listed on each tag. If you wish, please pick a tag off the tree and purchase the item listed for a senior in need. Please do not wrap the gifts. You can put the gifts in the box provided near the tree or drop it off to the Outreach Office. We will then wrap and deliver the gifts before the holiday. In our December Newsletter, we will list the date we need the items by. Each year the recipients of the gifts are overwhelmed by the generosity of those that give. What a wonderful feeling it is to know you will be making someone else's holiday special! Thank you.

FROM THE CHAIRMAN OF THE BOARD...

From The Chairman of the Board- Hank Joyce...

Well it's the middle of October and I can feel the cold winter weather coming. I think it is time to think about a vacation in a very warm place somewhere. The Red Sox are on vacation the Patriots are looking good and the Bruins and Celtics are getting ready for a very long season. The Patriots, Bruins and Celtics should be able to get me through a long winter.

It continues to be quite busy at the Senior Center with all of the daily activities and special events. The BELD Breakfast for the seniors was very well attended, we had 2 sittings. The breakfast was very good and the information was very helpful. Thank you to the Board of Directors at BELD and all the staff that helped out and of course a thank you to all our friends at the Rotary who cooked and served the food along with our regular staff at the Senior Center. The Rotary is always there for us. The Senior Walk on the 9th was another great event. We lucked out with the weather as we only had a light rain. The T shirts looked great. Looking forward to a visit from Mae West this week. It should be a very good show. As we get ready for the month of November please do not forget to sign up for the Veterans Day Breakfast and the Rotary's Thanksgiving luncheon. Also looking forward to the Dinner at the Quincy Common Market on November 15th. The most important thing happening in November is Election Day November 5th. This is the most important election we have had in the TOWN of Braintree in 12 years. Mayor Joseph Sullivan is stepping down therefore we will be electing a new Mayor and a few new Councilors. It is very important that you look at all the candidates and their credentials to make sure they are not only qualified but also what do they stand for and what is their vision of the TOWN of Braintree in the future. Stay warm, be safe and please do not forget to vote on Tuesday November 5th.



BROOKDALE, QUINCY BAY PRESENTS...



CROSS TRAIN YOUR BRAIN

Joan Reid

Learn strategies for keeping your brain fit for life, in this fun and informative presentation. You'll learn both useful information, and games to exercise your brain!

DATE: NOVEMBER 19, 2019

TIME 12:00

WHERE: 71 CLEVELAND AVENUE

PLEASE CALL 781-848-1963 TO SIGN UP

LUNCH WILL BE INCLUDED

BRAINTREE RESIDENTS ONLY PLEASE



SING ALONG WITH BELLES AND BEAUX

SPECIAL DATE DUE TO VETERANS DAY HOLIDAY

DATE: TUESDAY NOVEMBER 12TH

TIME: 1:00PM



LIGHT REFRESHMENTS WILL BE SERVED

JOURNEY OF THE PILGRIMS

A presentation by Richard Nichols

Date: November 22

Time: 1:00 PM Cost: \$2.00

Coffee and Dessert will be provided to all guests.



**JOIN GUEST
RICHARD**

**SPEAKER
NICHOLS AS**

**HE DETAILS THE JOURNEY OF THE PILGRIMS.
HE HAS DONE EXTENSIVE RESEARCH ON THIS SUBJECT AND HOPE YOU GAIN AN
UNDERSTANDING OF THE MANY TOPICS INVOLVED.
THIS COULD BE LIFE BEFORE THEIR JOURNEY, SAILING OVER, LANDING ON THE
MAYFLOWER AND LIFE IN PLYMOUTH.**

Please call to sign up on or after 9:30 on November 1st

Gardener's Guild Holiday House Tour



HOLD THE DATE.....



*The Gardeners' Guild of Braintree
Holiday House Tour - 2019*

"Home Sweet Home"

*Home of: Denise & Rich Horrigan
139 Cedar Street
Braintree, MA*

Holiday House Tour:

Sunday, December 8, 2019

1:00 pm - 5:00 pm

Tickets: \$16 in advance or \$20 at door

Holiday Boutique:

Braintree Town Hall

10:00 am - 4:00 pm

*Holiday Wreaths - Centerpieces - Craft Vendors - Raffles
\$2 entry fee (or free with House Tour ticket)*

*Snow date: Monday, December 9th 4-7 pm
(no refunds on tickets)*

For more information on tickets & times:

www.gardenersguildofbraintree.com

Important information about the Equifax Breach

From the Office of the District Attorney Michael Morrissey

In September, 2017, Equifax announced that a data breach likely compromised the information of nearly 150 million Americans, including 3 million in Massachusetts. Many people were rightfully confused and alarmed.

What you should know:

As a credit reporting agency, Equifax collects information about consumers and how they handle their financial obligations. Equifax and other credit bureaus sell this information to lenders and credit-scoring companies to determine eligibility for loans and lines of credit, and even employment. The data these agencies collect include our Social Security and credit card account numbers.

Settlement:

Under a recent settlement with the Federal Trade Commission, the Consumer Financial Protection Bureau and 48 states, Equifax agreed to pay up to \$425 million to individuals impacted by the breach. The payments to individuals come in the form of free credit monitoring, cash payments and identity restoration services, and include: Free credit monitoring services for ten years to those impacted. Those who already have credit monitoring may apply for a \$125 credit. Cash payments up to \$20,000. Seven years of identity-restoration services. According to the MA Attorney General's Office, Massachusetts is pursuing its own lawsuit against Equifax, but residents can still file claims under the FTC settlement.

Are you impacted?

To find out if you may be on the breach impact list, visit www.equifaxbreachsettlement.com. Click the "I would like to" link on the right of the menu bar, then click "See if my information was impacted by the 2017 data breach." Enter your last name and last 6 digits of your Social Security Number and the results will return as either:

"Based on the information you provided, our records indicate your personal information was impacted by this incident" which means your personal information was included in the data breach.

or

"Based on the information you provided, our records indicate that your personal information was not impacted by this incident. Equifax has worked hard to make the "Am I impacted" tool as accurate and up-to-date as possible," which means that your information does not appear to be impacted, but it cannot be guaranteed.

If your information appears to have been impacted, you have the option to file a claim at equifaxbreachsettlement.com/file-a-claim or complete and mail a downloadable claim form to Equifax Data Breach Settlement, c/o JND Legal Administration, PO Box 91318, Seattle, WA 98111-9418. The claims process has begun and will continue through January 22, 2020.



Friday, November 1—"Vertical Limit"

12:00PM.

Feeling responsible for his father's death, which occurred during a climbing expedition, Peter Garrett (Chris O'Donnell) has quit the pursuit in favor of photography, while his sister, Annie (Robin Tunney), has become a top climber. After Annie is hired by wealthy businessman Elliot Vaughn (Bill Paxton) to lead a trek, inclement weather causes the crew to become trapped. Facing his fears, Peter assembles a rescue team, including experienced climber Montgomery Wick (Scott Glenn), to save them.



Friday, November 8 — "61*" (A Billy Crystal Film)

12:00PM

Aiming for one of the most famed records in sports history, a pair of very different baseball players hit home runs at an impressive rate. Roger Maris (Barry Pepper), a reserved sort, is much less popular than his hard-partying New York Yankee teammate Mickey Mantle (Thomas Jane), the player who many observers think will be the one to challenge Babe Ruth's record of 60 home runs in one season. But in the summer of 1961, Maris surges ahead of Mantle, making a run at Ruth's mark.



Friday, November 15—No Movie

12:00

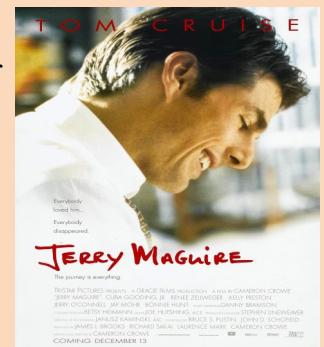
Friday, November 22—No Movie

12:00

Friday, November 29—"Jerry Maguire"

12:00PM

When slick sports agent Jerry Maguire (Tom Cruise) has a crisis of conscience, he pens a heartfelt company-wide memo that promptly gets him fired. Desperate to hang on to the athletes that he represents, Jerry starts his own management firm, with only single mother Dorothy Boyd (Renee Zellweger) joining him in his new venture. Banking on their sole client, football player Rod Tidwell (Cuba Gooding Jr.), Jerry and Dorothy begin to fall in love as they struggle to make their business work.



Braintree Dept. of Elder Affairs ~ 2019 Board Members
Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman
Ann Moore, Secretary

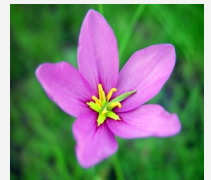
Lucille Barton
Tim Burke

Jane Fogg
Connie Mattina

A MEMORABLE EVENING



A delightful evening filled with group activities, music, dancing and delicious food. Thanks to South Shore Conservatory of Music, Chris Waters, for your enchanting music and Grove Manor Estates for the lavish feast.



The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: www.townofbraintreegov.org Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have generously donated to support our wonderful programs.